

'Roots and Boots' Memory Group



Relaxed and informal mornings of nature based activities for people living with dementia and their carers.

**Wed 8th June &
Friday 24th June
10am –12.30pm**

Based on a beautiful nature reserve near Castle Cary, you can take part in gardening tasks, nature walks and art and craft activities.

A chance to get outdoors, unwind, listen to the birds and make new friends!

The group is free to join. Due to the nature of our site and the activities, it will suit people who are reasonably mobile.

Please contact

jackie.gage@carymoor.org.uk

or call 01963 350143 for more information and to book a place.



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